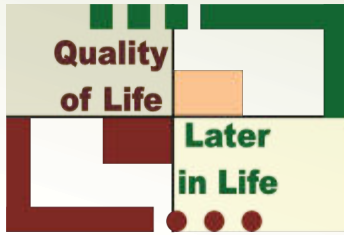


# THE SENIOR SENTINEL

Burleigh County Senior Adults Program



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 3 March, 2021



## COVID-19 Vaccinations

To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed (also called immunity). Other steps, like

wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.

Covid-19 Vaccinations are now available! Many different clinics and pharmacies are now providing, or will be providing vaccinations in the immediate future. Vaccines are available in a phased approach, with health care and other essential workers, and older adults being at the top of the priority list.

One location to receive the vaccine is Bismarck-Burleigh Public Health (BBPH). If you would like to receive your vaccine from BBPH, you may sign up online. Follow these instructions:

- Go to [www.bismarcknd.gov](http://www.bismarcknd.gov)
- At the top of the web page, click on "Bismarck-Burleigh Public Health COVID-19 Vaccine Eligibility Survey Form"
- Then, Click on "COVID-19 Vaccine Eligibility Form Survey"
- Complete the Survey. You will be contacted by BBPH staff to schedule your appointment.

If you need assistance with completing the online Eligibility Survey Form, please call us at 255-4648, and we will assist you.

**Prior to scheduling a time to get your vaccine, it is recommended that you consult with your primary care physician to answer any questions you may have and to determine if the vaccine is for you.**

## What's Happening

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# Let's Reconnect with a Party Line!

We probably would all agree that this pandemic has gone on far TOO LONG! But, with Covid cases surging across our state and country, it is more important now than ever to remain diligent with our safety precautions.



To help reduce the isolation we have all been experiencing, and to have a little **FUN**, we are offering a **FREE** party line that you may call to visit, in a group setting, with your friends from the Senior Center. Below are scheduled times for specific groups to get on the phone to visit. Coffee Talk is for anyone and everyone – So grab a cup of coffee (or tea) and enjoy a chat with others!

**It's easy to join the Party Line – just call 1-844-854-2222.  
The Access Code is 6763322#.**

**\*\*PLEASE LIMIT EACH GROUP TO ONE HOUR.\*\***

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 am Coffee Talk	8 am Craft Ladies	9 am Wii Bowling Teams	9 am Coffee Talk	9 am Coffee Talk
10 am Bone Builders Participants	9 am Coffee Talk	2 pm Coffee Talk	10 am Pool Players	10 am Yoga Participants
2 pm Wing/Sterling Participants	1 pm Bridge Players		1 pm Bunco Players	1 pm Pinochle Players
<b>Saturdays:</b> 9 am Coffee Talk			<b>Sundays:</b> 2 pm Coffee Talk	

## Guidelines for Participation:

- Never share your private information over the phone.
- Ensure that you are in a quiet environment before joining a call.
- Be prepared to identify yourself with your first name when you join.
- The party line is meant to be enjoyable. Please refrain from discussing politics or other issues where there is great division.
- Everyone's opinion is valuable and must be respected.
- Allow everyone the opportunity to participate. Do not monopolize the conversation.
- Argumentative, hurtful or disrespectful remarks are not allowed.
- Have FUN!

## Grief Support and Share Group

There are many different ways to grieve and many different things we can grieve over. You can grieve over the death of a loved one, a pet, a disagreement with a family member, the loss of a job and even moving from your home. Grief can be especially hard to cope with during these difficult times.

Group Leader Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer this Grief Support and Share Group. Join her as she leads our Grief Support and Share Group on Wednesdays at 10:00 am via telephone. Group participants simply call 1-844-854-2222 and enter the access code 6763322# to join. **(It is requested that people interested in joining this group call 255-4648 to register. Kathleen will then call you prior to your first session.)**

# Phone Bingo!

**Wednesday, March 10 and Wednesday, March 24 at 1:00 pm**

We aren't sure how well this will work, but we will give it a try!

Join us for the classic game of chance with a few variations -- simply call 1-844-854-2222 and enter the access code: 6763322# to join.

Call us to request your Bingo Cards at 255-4648. Cards will be mailed or given to you in the Drive Thru Lunch Line prior to each Bingo session. If you do not have a bingo dauber, you may use a marker, pen, pennies, etc. to mark your numbers.



Each Bingo Player will get 7 paper Bingo sheets (3 cards / sheet). Numbers will be called at the Senior Center and announced over the Party Line. We will play one game per sheet for a total of 7 games.

- Game 1: Straight Bingo or Four Corners
- Game 2: Letter 'X'
- Game 3: Small Picture Frame
- Game 4: Double Straight Bingo
- Game 5: Straight Bingo or 4 Corners
- Game 6: Block of Six (6)
- Game 7: Blackout

Prizes will be awarded for each game (to be distributed via mail or Drive Thru lunch line).

With winter almost here, many start to wonder *what if...*

*I need to shovel?  
I can't get out of the driveway?  
I need help and no one is around?*

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# Special Activities



## March into Wellness

March is National Nutrition Month and we would like to encourage you to UP your game! Chart your activity by using the log on page 8. You only need to document the number of minutes each day!

We also encourage you to improve your eating habits, so please document any new or healthy choices you make in your diet this month. It may be adding spinach to your meal or choosing a salad over fries. Use a separate sheet of paper to document your nutrition changes.

You may mail or drop off your exercise log and/or nutrition changes at the Senior Center for a prize. Please return this by April 5th. Thank you to all who are participating in our wellness challenges!

## December Healthy Holiday Challenge Results

Nineteen people participated in the Healthy Holiday Challenge! The total steps were 3,564,936, which equates to 1,785.50 miles. Amazing! Keep going! You inspire others to get moving!!

It was fun to see Jurgen on KFYR showcasing the many miles he walks! Jurgen walked a total of 360 miles in December. Remember 2000 steps= 1 mile!

## NDSU Extension “What Color is Your Food?”

Tuesday March 2, 10-11 am  
Senior Center Dining Room (in person session)

People need different amounts of fruits and vegetables depending on their age, gender and amount of daily physical activity. Scientists are regularly reporting new health benefits associated with fruits and vegetables, so eating more fruits and vegetables is a worthwhile goal. Join us to learn more about why variety is so important to staying healthy. Reservations are required to attend. Call 255-4648 to sign up class space is limited.

## *NDSU Extension upcoming classes (in person):*

*Nutrition Facts Label: April 15, 10am*

*HealthWise for Women/Men: Sun Safety:*

**May 4, 10am**

*Health Wise: Colon Cancer: June 3, 10am*



## *Join Us for a Movie!*

*(Doors open 15 minutes prior to Showtime)*

**Thursday, March 11, 1:00 pm:**

### ***The Irish Pub***

Come on a trip through Ireland. The Irish Pub is a delightful documentary celebrating Ireland's wonderfully unique old pubs, the marvelous characters who run and patronize them, and the roles they've played in Irish life down the centuries.

**Thursday, March 25, 1:00 pm**

### ***Risen***

Roman military tribune Clavius (Joseph Fiennes) remains set in his ways after serving 25 years in the army. He arrives at a crossroad when he's tasked to investigate the mystery of what happened to Jesus (Cliff Curtis) following the Crucifixion. Accompanied by trusted aide Lucius (Tom Felton), his quest to disprove rumors of a risen Messiah makes him question his own beliefs and spirituality.

**Reservations are required to attend these movies. Please call 255-4648 to reserve your seat. Space is limited to 25 people.**

## **TO ENTER THE BURLEIGH COUNTY SENIOR CENTER:**

All participants will be required to pass a health screening, wear a face mask and practice social distancing. Please stay home if you are not feeling well, or have a positive or pending Covid-19 test.

**The Burleigh County Senior Club  
has cancelled ALL ACTIVITIES  
until further notice  
(including Dinner Dances).**

# Legal Services



Legal Services of North Dakota is available to help during these difficult times. Their office continues to assist North Dakota Residents with their legal needs. If you, or someone you know, is needing assistance with a legal matter, please contact their Central Intake office.

Call 1-866-621-9886 (Monday -Thursday from 8:00 am to 5:00 pm and Friday from 8:00 am to 2:00 pm), or visit their website and/or apply online at [www.legalassist.org](http://www.legalassist.org). They are not scheduling office meetings, but can arrange communication via phone, email and other means of technology.

# Book Mobile

## Burleigh County Bookmobile Lending Library

Monthly, the Burleigh County Bookmobile brings 30 large print books in a variety of titles, to the Burleigh County Senior Center. They are on a 25 day loan.

If you would like to check out a book, please call Lisa at 255-4648. Let her know what author(s) and/or types of books you like to read (Western, romance, mystery etc.), and she will help you choose from the titles we receive.



Please allow Lisa at least one day's notice to choose books for you. They will be handed out in the Meal Drive-thru from 11:30 am to 12:15 pm.

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# *St. Patrick's Day Word Scramble*

1	gabceba	
2	msohcra	
3	elcrvo	
4	apenrluhec	
5	rwoabin	
6	lgdo	
7	nstia cptakri	
8	nelriad	
9	lkcu	
10	rymkalae	

# March Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fried Chicken Mashed Potatoes w/ Country Style Gravy Corn Fresh Apple	2 Beef Stroganoff With Egg Noodles Peas with Pearl Onions Mandarin Oranges	3 Roasted Turkey Buttered Parsley Potatoes Vegetable Medley Pears with Cranberry Sauce	4 Italian Sausage with Peppers & Onions Fried Potatoes Peaches with Cottage Cheese Asst. Cookies	5 Cheese Enchilada Spanish Rice Black Beans Tropical Fruit
8 Applewood Smoked Pork Loin Au Gratin Potatoes Capri Vegetable Blend Applesauce	9 Bruschetta Chicken Breast Baby Baked Potatoes Broccoli Ambrosia Salad	10 Roast Beef Garlic Mashed Pot. Candy Corn Vegetable Blend Apricots Scotchardoo	11 Sweet & Sour Chicken Fried Rice Egg Roll Fresh Orange Fortune Cookie	12 Shrimp Scampi Spaghetti Noodles Broccoli & Peapod Vegetable Blend Chunky Fruit
15 Open Faced Hot Hamburger Mashed Potatoes with Gravy Mixed Vegetables Pineapple	16 BBQ Ribs Sweet Potato Fresh Green Beans Peaches	<b>17 ST PAT'S DAY</b> Banger's & Mash with Onion Gravy St. Mary's Vegetable Blend Apple Slices Key Lime Pie	18 Meatloaf Baked Potato Chuckwagon Corn Fresh Banana	19 Lasagna Cheese Rollups with Alfredo Sauce Vegetable Prima Vera Mandarin Oranges
22 Spaghetti with Meat Sauce Italian Vegetable Blend Sweet Cherries Garlic Toast	23 Beef Taco Salad Berries with Vanilla Yogurt Corn Muffin	24 Cabbage Rolls Creamed Potatoes Beets Chunky Fruit	<b>25 EASTER MEAL</b> Pineapple Glazed Ham Twice Baked Potato Fresh Asparagus Fresh Berries Strawberry Cream Cheese Croissant	26 Baked Cod with Mango Salsa Rice Pilaf Carrots Pears
29 Cranberry Glazed Pork Roast Tri Colored Roasted Potatoes Prince Edward Vegetable Blend Strawberry Applesauce	30 Parmesan Chicken Breast Rotini Noodles Broccoli & Cauliflower Medley Fruit Cocktail Asst. Cookie	31 Porcupine Meatballs Buttered Parsley Potatoes Brussel Sprouts Fresh Apple	<b>MENU SUBJECT TO CHANGE!</b> <b>Due to Covid-19, we are experiencing difficulty receiving some food items. We will do our best to keep the menu as written, but please understand that it may not be possible. Thank you!</b>	

Drive-Thru Meals at the Burleigh County Senior Center are from 11:30 am—12:15 pm. Meals are delivered to Crescent Manor at 11:30 am. Drive-Thru Meals at the Wing Senior Center and Sterling Meal Site are at 12:00 noon.

**MEAL RESERVATIONS:** Call the following locations at least one day in advance: Burleigh County Senior Center and Crescent Manor, 258-9276 from 8:00 am to 2:30 pm; Wing Senior Center or Sterling United Methodist Church, 943-2490 from 8:30 am to 2:30 pm; or Home-Delivered Meal inquiries, please call 255-4648. The meal price for those under 60 is \$9.00.

OAA federal regulations require individuals age 60 and older to register to participate in the Congregate Meals Program, or annually to participate in the Home-Delivered Meals Program. Individuals are notified when their registration needs to be updated. Suggested donation is \$4.50/meal. SNAP accepted. **If you plan to make a donation, it is helpful if you have exact change.**

# March into Wellness Activity Log

Day Number of Steps

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

Name: \_\_\_\_\_

**Daily Goal:**  
30 minutes of activity per day.

Day Number of Steps



16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	

See Page 4 for details.

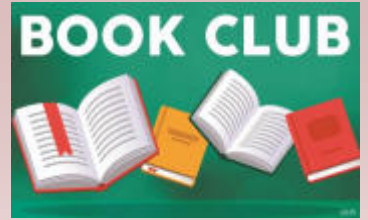
Log your activity and return this form to the  
Burleigh County Senior Center  
by April 5, 2021.

**Prizes will be awarded to all participants!!!**



# Book Club

## ***Educated*** By Tara Westover



***Educated*** will be available for pick up on March 1 and due back by March 29, 2021.

***Educated*** is an unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University. Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an **education**, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University.

Dr. Wayne Sanstead will lead the Book Club discussion on Monday, March 29 at 1:00 pm on the Senior Center Party Line. To join the call, dial 1-844-854-2222 and enter the access code 6763322#.

Please call Lisa if you have any questions at 255-4648.  
(Book club does not meet in July or December.)

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Burleigh County Senior Adults Program, Bismarck, ND

C 4C 05-0634

# Word Search

## Celebrate St. Paddy's Day!

Answers on Page 15.

P E D A R A P G R E E N B E E R N I O  
E R P O T O F G O L D E R E E U H I Y  
E A N E R B S R T M R M C X A E T O E  
T A T E I N I S H I T N A H E N N E N  
E O E C I R A R N G A O C R N O E G R  
E H P O L C S G E D R E P O C B E A A  
C R C O C O O H E L R E I H L H T B L  
F R N E F B V P A P A T E E A S N B B  
O I I L R T I E E M I N S N E T E A G  
L I N A P P H L R D R S D K K A V C N  
K O G L G M O E A H I O A Z C D E C I  
L H S A U H W R M N S N C J I C S E K  
O P B S A O T J G O S I I K R H R L N  
R O I R B D I S G H R A R Q E A I E I  
E C P N U G W I S H B N W I M R S B R  
K C I R T A P T N I A S I D I M S R D  
T A C O R N E D B E E F K N L R I A N  
R B Y A D I L O H G F Y V E G A K T R  
E T S K C U L P C E L T I C A L I E G

### Word List:

BAGPIPE

CASTLE

CHEER

DANCE

GREEN

IRELAND

LEPRECHAUN

MUSIC

SAINTPATRICK

TOPHAT

BLARNEY

CELEBRATE

CLOVER

DRINKING

GREENBEER

IRISH

LIMERICK

PARADE

SEVENTEENTH

TOPOFTHEMORNING

BLESSINGS

CELTIC

COINS

ERINGBRAGH

HARP

JIG

LUCK

POTOFGOLD

SHAMROCK

TRADITION

CABBAGE

CHARM

CORNEDBEEF

FOLKLORE

HOLIDAY

KISS

MARCH

RAINBOW

SNAKES

WISH

## This 'n That

### AARP TAX AIDE

AARP Tax Aide will be providing services this year, but not in the way you are used to.



Face-to-face meetings will not be offered. Instead all tax processing will be done virtually.

For more information, please call 701-751-4074.

If you would like to complete your own tax return, you can access free software at [www.irs.gov](http://www.irs.gov) or [www.nd.gov/tax](http://www.nd.gov/tax).

### POWERFUL TOOLS FOR CAREGIVERS ZOOM CLASS

March 22, 29, April 5, 12 and 19, 2:00—4:00 pm

NDSU Extension is offering this free class designed to provide the family caregiver with the skills needed to take care of yourself.

Please call Vanessa at 677-3340 for more information. You may register online at [ndc3.org](http://ndc3.org).



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# Just for Fun!

## **Barn Quilt Painting with Nicole Gagner**

Friday, March 5, 1:00—3:00 pm  
Bismarck Arts and Galleries Association,  
422 E Front Avenue, Bismarck

Join artist Nicole Gagner to paint a barn quilt. A barn quilt is basically a large piece of wood (or in this case, paper) that is painted to look like a large quilt block. We have a long history in our country of hanging barn quilts outside our homes and barns. They were thought to bring good luck and prosperity. It was a way to decorate farms and also a source of family pride. Class is limited to 5 people and there is no cost. Register by calling 255-4648.

(This class is sponsored by ND Council on the Arts, Art for Life and Bismarck Arts and Galleries Association.)

## **Bunny Craft Kit: Take Home Craft Project**

Magnetic Bunny craft kits are available! All supplies are included in the kit. We are unable to mail these, so please call 255-4648 to make arrangements to pick up at the Senior Center.

## **Art with Nina**

Monday, March 8, 9:30-11:00 am  
Senior Center Craft Room

Hooray! Nina returns to lead us through an adorable bunny painting. The class is limited to 5 and the cost is \$5 per person, payable when you arrive. Please call 255-4648 to reserve a spot. (Masks will be mandatory to attend this class.)

## **Art for Life: Fraktur Art and Decorative Recipe and Home Remedies Book**

***Recipes due March 19, 2021***

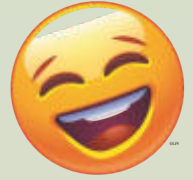
The Burleigh Senior Adults Program along with Bismarck Arts and Galleries Association, ND Council on the Arts and Art for Life are creating a cookbook with recipes from our participants. We are looking for recipes, or a home remedy that you recall from your childhood. We have recipe cards available, for you to write on.

Please call 255-4648 to make arrangements to get a recipe card. This cookbook will be decorated with Fraktur Art (Pennsylvania Dutch Art) by Mel Gordon and Alice Berning. We would love recipes that bring back fond memories from your childhood, don't forget to send home remedies too.

If you have any questions, please call Lisa 255-4648.

## **WEIRD FOOD LAWS**

Although the following food laws have been passed, many have been repealed, and the rest are not enforced.



- In Iowa, it is illegal to have a rotten egg.
- In Joliet, IL, it is illegal to put cake in a cookie jar.
- In Pennsville, NJ, it is illegal to sell baskets of cucumbers.
- In Waco, TX, banana peels cannot be tossed on the streets.
- In Memphis, TN, it is against the law to sell bologna on Sundays.
- In California, it is against the law to peel an orange in a hotel room.
- In Lexington, KY, it is illegal to carry an ice cream cone in your pocket.
- In Massachusetts, it is against the law to put tomatoes in clam chowder.
- In Wisconsin, butter substitute cannot be served at any state institution.
- In North Carolina, it is illegal to take used grease from a restaurant without asking.
- In Oklahoma, it is against the law to take a bite from another person's hamburger.
- In Gainesville, GA, it is against the law to eat fried chicken with a knife and fork.
- In Mississippi, it is illegal for any county or town to pass a law restricting portion sizes,.
- In Gary, IN, it is illegal to ride a bus or go to a theatre within four hours after eating garlic.
- In Idaho, it is a crime to give your significant other a box of candy weighing more than 50 pounds.
- In Greene, NY, it is against the law to eat peanuts and walk backwards on a sidewalk while a concert is playing.
- In Indiana, it is illegal for a liquor store to sell refrigerated soda, as well as chilled mineral water, grenadine, ginger ale, and flavoring extracts.
- In Little Rock, AR, it is against the law to honk your car horn after 9 pm, if you are in front of a sandwich shop or anywhere where cold drinks are sold.
- In Beech Grove, IN, people cannot eat watermelon in the city parks. (Watermelon had been banned from the parks thanks to their sharp rinds puncturing trash bags.)

# Recipe Roundup



## **7 Tips for Making Nutritious Smoothies**

Smoothies can be a quick and delicious way to add fruits, vegetables, and protein to your daily diet. On a hot day, a frozen smoothie can be refreshing. For cold days, you can opt for comfort foods, such as chocolate, bananas, and oatmeal. The downside is that smoothies can also be high in sugar, calories, and carbs. Full-fat yogurt, ice cream, and sugar-laden fruit juices are just a few of the ingredients that can make these tasty treats a lot less healthy.

With careful planning, however, you can make smoothies at home that taste delicious while still being good for you. Here are a few tips for doing so.

**Freeze fresh fruit:** Instead of relying on packaged smoothies or bags of frozen fruit that may contain added sugar, slice and freeze fresh fruit. Create combinations that you store in a freezer bag you can pull out and throw in the blender. Berries, bananas, pineapple, blueberries, grapes, peaches, and mangos are a few fruits that taste great in smoothies.

**Sweeten with care:** Skip sweetened yogurt, store-bought fruit juices, and honey which can increase calories as well as sugar. Instead, opt for natural sweeteners like dates, avocados, agave, or pure maple syrup. Bananas in moderation can work too.

**Don't overlook veggies:** You can also sneak some fresh veggies into your smoothies to enhance the nutrients without changing the taste. Spinach is a popular choice. As are beets, sweet potato, and carrots. Experiment with a few combinations until you find one you like.

**Pump up the protein:** Seniors often struggle to eat an adequate amount of protein each day. Those who live with a chronic illness or who are recovering from surgery need more protein than they did in younger days. Adding protein to your smoothies is one way to do it. Greek yogurt, walnuts, almond butter, chia seeds, natural peanut butter, almond milk, and protein powder are a few ways to include this important nutrient in your diet.

**Inflammation fighters:** You can increase the benefits a smoothie provides by adding a few inflammation-fighting ingredients. Fresh ginger, whole flax seed, cinnamon, and cherries are all known to help.

**Increase hydration:** Adding a little extra hydration to your smoothie can help prevent dehydration, which seniors are at greater risk for than younger people. Most fruit is naturally hydrating. You can also make ice cubes out of coconut water or throw a few cucumber slices into your blender.

**Focus on fiber:** Many of the ingredients listed above, such as berries, flax seed, walnuts, and spinach, all contain fiber. Making sure you incorporate some into your smoothie can help improve the regularity of your digestive system, as well as aid in managing cholesterol.

## **Italian Slow Cooker Chicken**

Submitted by Mary Ann Smith

- 3-4 Chicken Breasts
- 1 can Cream of Chicken Soup
- 1 block of Cream Cheese
- 1 packet Dry Italian Dressing OR  
2 tsp. Italian Seasoning and  
2 tsp. Garlic Seasoning
- Optional: Baby Carrots

Combine ingredients in slow cooker. Cook on low for 4-5 hours, stirring occasionally. Using a fork, mix and shred chicken with the sauce. Serve over rice, noodles, or enjoy as is!

BCSAP would like to share your recipes! Recipes should be easy to follow, contain ingredients that are common and serve one or two people. If you have a recipe to share, please:

- email it to [lisab@burleighsenioradults.org](mailto:lisab@burleighsenioradults.org),
- mail it to: Recipe Roundup, BCSAP, 315 N 20th Street, Bismarck, ND 58501, or
- drop off in Drive Thru lunch line.



# Word Pictures



## March Word Pictures Rob Clagett

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.

BAR 

2.

BASE  
-ACCUSATIONS

3.

H  
S  
U  
P  
BRA

4.

  
(IN) MELLOW

5.



6.

TIME

7.

HSUd  
PUSH

8.

EVILS  
 EVILS

9.

 OVER

10.

 LIEVE IT  
OR 

11.



12.



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# Puzzle Answers

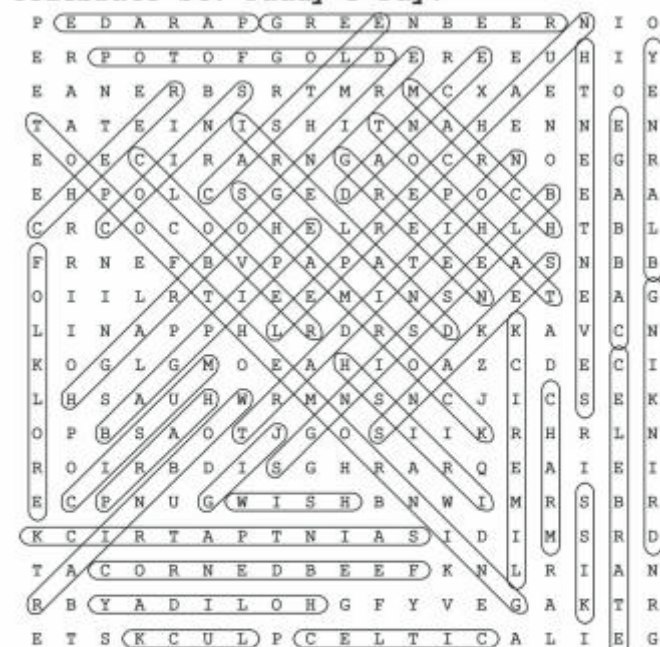
## MARCH WORD PICTURES

1. Barfly
2. Baseless accusations
3. Push-up bra
4. Mellow out
5. Cauliflower
6. Big time
7. Pushover
8. Lesser of two evils
9. Pushover
10. Believe it or not
11. Lightning in a bottle
12. No spring chicken

## DST Trivia Answers:

1. Benjamin Franklin, in an essay titled "An Economical Project". Englishman William Willet is credited with proposing the time change. It was first implemented on March 15, 1918.
2. Arizona and Hawaii
3. 2 a.m.
4. George W Bush
5. March and November

## Celebrate St. Paddy's Day!





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## This 'n That

### Dakota Media Access Programming:

You can now watch Burleigh County Senior Center activities on Dakota Media Access: channels 12, or in HD 612! Programs can also be streamed online at [freetv.org](http://freetv.org), Roku or Apple TV.

**Fridays—March 5, 12, 19 and 26  
at 10:30 am ~ Chair Yoga**

We would like to thank our sponsors:

AARP of ND  
Bismarck-Burleigh Public Health, Dr. Joel Roloff,  
Adjust Life Chiropractic; and  
Dakota Media Access.

### Frozen Meals

**Did you know...** The Burleigh County Senior Center prepares flash frozen meals that are a great alternative to those found in the grocery store? These meals are low in sodium and fat, and include milk, bread and fruit. They may be oven baked or microwaved, and come with heating instructions.

Meal participants may order these meals for use on evenings and weekends. We also recommend that you have a few on hand in case of winter weather closures. It is appreciated if you give at least one day's notice with your order.

If you have any questions, or would like to order meals, please call us at 255-4648.

\*Each meal is a suggested donation of \$4.50. SNAP Benefits may be used. No one will be denied meals due to an inability or unwillingness to make a donation.



*Exercise*

**Senior Center  
Exercise Room**

The Burleigh County Senior Center Exercise Room is open to individuals, by appointment only.

Individuals may schedule time to use the stationary bicycles, DVD's, and weights. No group exercise classes are available at this time. Call 255-4648 to schedule your time.

### Inclement Weather

Bad weather may force the Burleigh County Senior Center and other meal sites to close for Drive-Thru and Home Delivered meals. Please check to make sure we are offering a meal before venturing out on a snowy winter day, and keep a few of our frozen meals on hand!

To find out if we will be offering meal: Call the Senior Center at 701-255-4648, tune in to KFYZ-AM, KBMR-AM, KFYZ TV, KXMB TV or check our Face Book page, [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND).



**Daylight Saving Time  
Trivia (DST)**

**Spring Forward on  
March 14, 2021**

1. Who first introduced the idea of Daylight Saving Time?
2. What two states do not observe Daylight Saving Time?
3. Daylight Saving Time begins at what time of the day?
4. Which President signed the Energy Policy Act of 2005, adding 4 weeks to DST?
5. In which two months do we switch clocks for DST?

Answers on Page 15.



# Health Maintenance

## SUGGESTED CONTRIBUTIONS

(Effective March 1, 2018)

### In Office Services

Foot Care: \$25.00  
(Full Cost \$71.61)

Blood Pressure: \$3.00  
(Full Cost \$10.23)

Fasting Blood Sugar: \$5.00  
(Full Cost \$10.23)

Home Visit: \$40.00  
(Full Cost \$143.22)  
(Includes any combination of above services)

**Clients may, but are NOT required, to contribute toward the cost of services.**



## Foot Care Services are available by appointment only.

- For an appointment at the Burleigh County Senior Center, please call 255-4648.
- For an appointment at Crescent Manor, please call 355-7617.

## Face masks and a health screening will be required when you arrive for your appointment.



**At The Senior Center:** When you arrive, park on 20th Street beside the Senior Center. Wait in your vehicle for the nurse to escort you in. After your health screening, you will be escorted to the Health office for services. If you are ill, or have a temp, you will not be allowed into the facility.

## Take the NextBlue Advantage!



### Part C, or Medicare Advantage = Medicare Part A, B and D

Medicare Part C, or Medicare Advantage, integrates Medicare Part A and Part B coverage. Many Medicare Advantage plans also include Part D drug benefits. Medicare Advantage plans are only available through private health insurers and, depending on your plan, may provide extra coverage including:

- Dental services
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- Hearing services and hearing aid allowance
- Fitness programs
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- Coverage when traveling worldwide
- Personal emergency response system

Visit [www.NextBlueND.com](http://www.NextBlueND.com) to learn more about NextBlue Medicare Advantage.

NextBlue of North Dakota is a PPO plan with a Medicare contract. Enrollment in NextBlue of North Dakota depends on contract renewal.



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# Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations.  
(Listed donations were received between January 9, 2021 - February 5, 2021.)

## In Memory of Dorothy Preabt

- NISC Employees & Board Members
- Bonny Fetch
- Marshall Flagg
- Louise Wetzel
- Judi Johnson
- Keith Cleveland



## In Memory of Helen Rehn

- Keith Cleveland

## In Memory of Judith Hoffman

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- Wade & Cindy Anderson

## In Memory of Darrell McQuay

- Laurie Reinisch

- Mary & Roger Volk
- Burnell Berg

- Daniel Yakubco
- Tim & Sue Kilber

## Burleigh County Senior Adults Program Giving Opportunities

The Burleigh County Senior Adults Program, a 501(c)3 nonprofit organization, accepts donations for its programs.

Donations can be made to:

- \*Nutrition
- \*Health Maintenance
- \*Outreach Services
- \*Life Enrichment Activities

If you would like to make a donation, please send it, along with this completed form, to:

### BCSAP

315 North 20th Street  
Bismarck, ND 58501



Enclosed is my gift of \$\_\_\_\_\_ to the Burleigh County Senior Adults Program.

Please designate my gift to: \_\_\_ Nutrition \_\_\_ Health Maintenance  
\_\_\_ Outreach Services \_\_\_ Life Enrichment Activities  
\_\_\_ Where it is most needed

My gift is In Honor / Memory of: \_\_\_\_\_  
(Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

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- Platinum: \$1,000 and up
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- Silver: \$200—\$499
- Bronze: \$100—\$199
- Friend: \$50—\$99

Your name will be placed on our giving wall with your donation, honorarium or memorial of \$50 or more.

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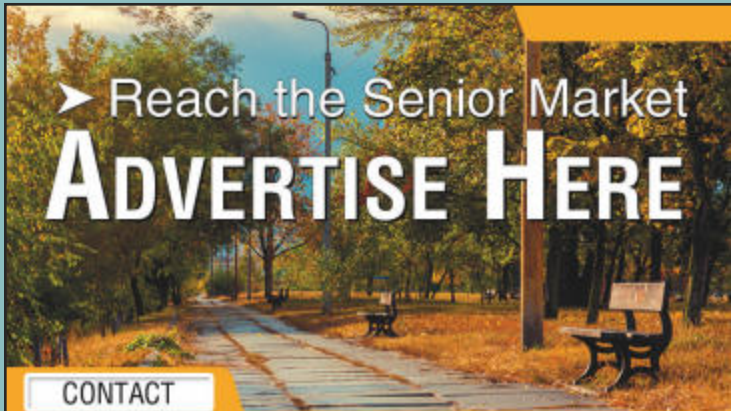
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